



Tehmina Mansoor

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PROFESSIONAL PROFILE

I am a Meditation and Mindfulness Coach, with an alternative therapeutic practice as an Energy Healer as well. I am passionate for service, especially towards mental and spiritual wellbeing. I am interested to expand my work in the education sector and create synergy with the development industry.

KEY TECHNICAL SKILLS

➤ Leadership & Management	➤ Voice Over Artist & Audio Editing	➤ Research, Qualitative & Quantitative
➤ Script Writing & Translation	➤ Social Media Design & Communication	➤ Monitoring & Evaluation

PROFESSIONAL EXPERIENCE (Leadership and Responsibility)

July 2019 – Present – Founder, *Be-khudi Meditation*

The first Meditation and Mindfulness platform in Pakistan, creating bilingual mindful content in both Urdu and English, especially guided meditations. Be-khudi takes inspiration from South Asian traditions of spiritual and secular knowledge, along with contemporary discourses centered around mindfulness and conscious living.

Website: <https://be-khudi.com/>

Youtube: <https://youtube.com/c/bekhudimeditation>

Instagram: <https://www.instagram.com/bekhudi.meditation/>

Be-khudi Open Source Content and Projects

April 2021 – Released Second Guided Meditation Program, *7-Day Chakra Activation & Healing Meditation Program*

Created a total of 14 meditations, 7 in Urdu and 7 in English.

[\(https://be-khudi.com/7-days-chakra-activation-healing-program/\)](https://be-khudi.com/7-days-chakra-activation-healing-program/)

July 2020 – Mindful Conversation Series

Organized free 30-minute, one-on-one conversations for one month to connect with our community to share their struggles during the pandemic. Successfully conducted over 30 discussions with people from Pakistan, Canada and Middle East.

March 2020 – Released First Guided Meditation Program, *Mindful Meditations Program*

Created a total of 10 meditations, 5 in Urdu and 5 in English.

[\(https://be-khudi.com/mindful-meditations/\)](https://be-khudi.com/mindful-meditations/)

January 2020 – Present – Mindful & Conscious Living Content

Created multiple videos, artwork and audio/visual content for dissemination through Social Media platforms.

Featured in multiple talks and interviews

Mental Education and Care Association (M.E.C.A), a platform working to eradicate stigma around mental health

Mashion Pakistan, a diverse story-telling platform with a primary focus on empowering Pakistani women

<https://mashion.pk/7-things-we-learned-about-meditation-from-tehmina-mansoor/>

Habib University, a Liberal Arts & Sciences university offering interdisciplinary education

Brides&You, a fashion and entertainment society online

PROFESSIONAL EXPERIENCE (Coaching & Healing Practice)

August 2021 – Present – *Be-khudi MBSR (Mindfulness Based Stress Reduction) Program for Children of Pakistan, Funded by John Fell Fund, University of Oxford, UK*

Design and implementation of new MBSR program with curriculum tailored for children at Sabria Sirajia Schools in Faisalabad, Pakistan, during the academic calendar 2022-2023. This project and study is a pilot to test impact of MBSR programs, especially for children from underprivileged backgrounds, in urban contexts of Pakistan.

Collaborators: Dr. Zahra Mansoor, DPhil Public Policy. Postdoctoral Researcher – DeliverEd Programme, University of Oxford | Jennifer Opare-Kumi, Dphil Candidate Public Policy. Blavatnik School of Government, University of Oxford

October 2021 – *Be-khudi Mindfulness and Meditation Immersion Retreat, with Engro Grammar School, Daharki, Pakistan*

Customized and abridged Be-khudi MBSR program conducted with 30 teachers as a teacher-training exercise, with focus on introduction to breath work, mind-training and gratitude.

Nov 2020 – Present – *Be-khudi Energy Healing Sessions*

Individualized sessions designed with energy healing techniques to harmonize the physical, emotional, mental, and spiritual body with the use of Meditation, Reiki & Chakra healing techniques. These also include a detailed chakra assessment after the session, with prescriptive exercises to keep them balanced later on.

<https://be-khudi.com/be-khudi-offerings/>

March 2020 – Present – *Be-khudi Soul of Meditation and Mindfulness*

Exclusively designed 8 week course, done on a one-on-one basis with personalized attention for a rich learning and transformative experience.

<https://be-khudi.com/be-khudi-offerings/>

March 2020 – Present – *Be-khudi Art of Meditation and Mindfulness*

Exclusively designed 4 week course, done on a one-on-one basis with personalized attention for a rich learning and transformative experience.

<https://be-khudi.com/be-khudi-offerings/>

Aug 2018 – Aug 2020 – *Visiting Faculty Member for Mindfulness for Young Teens & Comparative Spirituality, The Learning Tree School, Karachi, Pakistan*

Designed and taught these two courses, at a local International Baccalaureate School, both of which were part of a pioneering effort at re-thinking ethics and spiritual teaching at schools in Pakistan.

PROFESSIONAL EXPERIENCE (Development Industry)

May 2017 – Oct 2017 – *Monitoring and Evaluation Lead Consultant, AzCorp Entertainment Limited, Karachi, Pakistan*

Developed M&E frameworks for multiple AzCorp Entertainment programs, which included developing Theory of Change and log frames for implementation of M&E activities against specified indicators. Responsible for all communication in developing the M&E frameworks with DFID and field work at various sites.

June 2016 – Jan 2017 – *Corporate Social Responsibility Consultant, Sind Energy Coal Mining Company (SECMC), ENGRO, Karachi, Pakistan*

Developed M&E frameworks for Marvi Mother and Child Health Clinic in Tharparker district. Responsible for developing the proposal and TORs for the Social Impact Assessment Study and handling all related activities for the launch of Engro Thar Foundation.

Jan 2013 – May 2014 – Monitoring and Evaluation Officer at Creative Associates International (USAID/OTI), Karachi Youth Initiative (KYI), Karachi, Pakistan

Responsible for Monitoring and Evaluation of entire portfolio (70+ projects) of Karachi Youth Initiative, coordination with all grantees involved, interviewing direct beneficiaries, data collection and analysis, developing M&E frameworks for all KYI grants, as well as managing stakeholder engagements. Responsible for making routine monitoring visits to the field, for verification of planned activities, as well as conducting interviews with direct beneficiaries.

June 2012 – Aug 2012 – Lead Field Researcher with Street Children of Karachi, Pakistan – MA Dissertation, London, UK

Title: “Growing up and surviving on the streets: Life trajectories of adolescent Street Children of Karachi, Pakistan”

Responsible for all communication for the research project, including collection of primary data through interviews with various NGOs (including Azad Foundation) and direct interviews with research subjects on field. Responsible for handling, transcribing and analyzing extensive data and spotting relevance of data to the literature reviewed prior to the commencement of field work.

Sep 2008 – Aug 2010 – Co-founder *Uraan* (Flight), Non-for-profit, Youth Development Organization, Karachi, Pakistan

Responsible for managing and executing events; offering feedback to design team working on media addressing social problems. *Coordinator* for the Movement of Child Protection and Welfare (MCPW) - joint venture between *Uraan* and *Initiator Development Foundation*, advocating for the ratification of National Child Protection Bill for street children of Pakistan. *Coordinator* for inter-faith dialogue & activity – joint venture between *Uraan* and *Foundation Public School*, field trip of ‘A’ level students to visit a “Gurdwara” (Sikh sacred space) in Ranchor Line (Slum with large religious minority) in Karachi

Feb 2008 – Aug 2008 – The Citizens Foundation, Assistant Manager at the Resource Mobilization Department, Karachi, Pakistan

Managed the portfolio of TCF's national and international donors, handled communication and coordination between various stakeholders

EDUCATION

2010 – 2012 – M.A in Muslim Cultures at The Aga Khan University International – Institute for the Study of Muslim Civilisations (AKU-ISMC), London, UK

Core Courses: Globalization, Poverty and Development; Developmental Challenges in Muslim Societies; Gender Nation and Muslim identities; Migration and Diaspora; Paths in Sufism – Past and Present.

2003 – 2007 – B.B.A, Bachelor of Business Administration, at the Institute for Business Management (IoBM), Karachi, Pakistan

Major: Marketing; Minor: Human Resource Management

CERTIFICATIONS

2020 – Reiki Level Two Practitioner, Usui Shiki Rohoyo, Pakistan

Institute of Natural Therapies & Alternative Medicines affiliated with International Institute of Natural Therapy, Mumbai, India.

2020 – Reiki Level One Practitioner, Usui Shiki Rohoyo, Karachi, Pakistan

Institute of Natural Therapies & Alternative Medicines affiliated with International Institute of Natural Therapy, Mumbai, India.

2020 – Chakra and Aura Healing Diploma, UK

With Distinction, Continuing Professional Development, 150 CPD hours/points.

2019 – Meditation and Mindfulness Coach, Colorado, USA

Continuing Professional Development Accredited Training (#21835), School of Positive Transformation, Dr. Itai Ivtzan.

2017 – Mindfulness Based Stress Reduction Program (MBSR), Idaho, USA

Palouse Mindfulness, Dave Potter

TRAININGS

2014 – Gender Sensitive Monitoring & Evaluation, Islamabad, Pakistan

United States Agency for International Development (USAID)

2013 – Monitoring & Evaluation Best-Practices – Team Training, Islamabad, Pakistan

United States Agency for International Development (USAID)

2012 – Leadership Level 5*, London, UK

Institute of Leadership and Management (ILM)

2011 – Arabic Language Immersive Program, Fez, Morocco

Arabic Language Institute, Fez, Morocco

LANGUAGES

➤ *English – Full Professional
Proficiency*

➤ *Urdu – Bilingual
Proficiency*

➤ *Arabic – Intermediate
Proficiency*
